



BROOKS CAFE
FRIENDS, FOOD & FUN

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED 	3 Breaded Chicken Breast Baked Potato with Sour Cream Asparagus Seasonal Fruit Multigrain Bread	4 Liver OR Roasted Chicken Baked Sweet Potato Yellow Squash & Red Peppers Fruit Whole Wheat Roll	5 Meatloaf Baked Potato with Sour Cream Glazed Beets Almond Peaches Whole Wheat Roll	6 Latte Day Coffee with a Cop Jewel Pork Sweet Potatoes Canned Pears Whole Wheat Roll
9 Salmon with Dill Sauce Oven Browned Potatoes Green Peas Whole Apple Whole Wheat Roll	10 Roasted Red Pepper, Mozzarella & Basil Stuffed Chicken Brown/Wild Rice Blend Tossed Salad with Balsamic Dressing Whole Orange Whole Wheat Roll	11 Walking with Ease Roast Pork with Gravy Mashed Yukon Potatoes Mixed Vegetables Grapes Whole Wheat Herb Bread	12 Lemon Rice Stuffed Cod Brown/Wild Rice Blend Marinated Green beans Fresh Fruit Whole Wheat Roll	13 Latte Day Beef Stuffed Peppers Marinated Fresh Vegetables Canned Apricots Whole Wheat Roll
16 Caribbean Pork with Gravy Sweet Potatoes Cauliflower Grapes Whole Wheat Roll	17 Bill-piano Baked Tilapia with Tartar Potatoes O'Brien Green Peas Tossed Salad with Ranch Dressing Whole Wheat Roll	18 Lunch n Learn Roasted Turkey with Gravy Potato Wedges Green Beans & Mushrooms Tangerine Whole Wheat Roll	19 Resource Talk Beef Stew with a Biscuit Tossed Salad with Ranch Dressing Whole Apple	20 Latte Day Smothered Chicken burrito in a Whole Wheat Tortilla Black Bean Relish Guacamole & Sour Cream Lettuce & Tomato Bananas & Oranges
23 Chili Con Carne Cornbread Mixed Greens with Balsamic Dressing Fruit	24 Pork with Apple Glaze Roasted Red Potatoes Stewed Tomatoes Pineapple Chunks Whole Wheat Roll	25 Birthday Lunch Herb Baked Chicken Mashed Potatoes with Gravy Tossed Salad with Ranch Dressing Whole Orange Whole Wheat Roll	26 Spaghetti & Meatballs Tossed Romaine Salad with Italian Dressing Banana Garlic Bread	27 Latte Day Chinese New Year Spring Roll with Duck Sauce Szechwan Chicken Brown Rice Asian Slaw Seasonal Fruit 
30 Oven Fried Chicken Mashed Potatoes with Gravy California Vegetables Whole Orange Whole Wheat Roll	31 Beef Lasagna Italian Green Beans Tossed Salad with Italian Dressing Fruit Cup Garlic Bread	For reservations please call Tricia by 1:30 the business day before at (303) 335-4931 or e-mail BrooksCafe@louisvilleco.gov Lunch is served at 12:00, noon. Suggested donation for 60+ \$3.00; for 59 & under the cost is \$6.25. Chef Salad, Grilled Chicken Salad, Vegetarian Salad, Low Gluten options available. (Meals prepared in a facility with wheat, nuts & milk) Menu Subject to Change. If you are not at lunch by 12:05pm your meal is not guaranteed.		

Birthday Day: Celebrating the month's birthdays! On **January 25**
Latte Day: Join us for conversation and flavored latte coffee from **10:45 -11:45AM.**
Resource Talk: **Bridget Bacon: Louisville Historical Museum**
Lunch n Learn: **Added Sugar**